

SUBSTANCE MISUSE AND ADDICTION SUPPORT:

VT Helplink - for all Vermonters - vthelplink.org

SAMHSA National Helpline [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)



TOBACCO/VAPE CESSATION RESOURCES:



1-800-QUIT-NOW
802quits.org
email and text
support

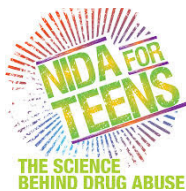
MY LIFE MY QUIT™



mylifemyquit.org
Text 'Start My Quit'
to 36072



text DITCHVAPE to
88709
truthinitiative.org/
thisisquitting



teens.drugabuse.gov

GET THE FACTS:

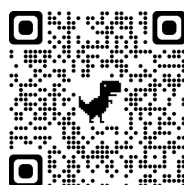


unhypedvt.com

OPPORTUNITIES

LIVE YOUR WHY!

A hub of fun and meaningful activities
to do in your free time with little or
no resources required.



LAMOILLE AREA YOUTH COUNCIL

Make a difference in your community
and connect with other youth in the
region by working on projects and
campaigns that help promote youth
well-being, equity, and youth voice.



@[lamailleareayouthcouncil](https://www.instagram.com/lamoilleareayouthcouncil)